

Scientastic!

HOW DO I CALCULATE MY AVERAGE BEDTIME AND WAKE TIME?

Name _____

Date _____

Use the following equation to calculate your average bedtime, wake time, and total time asleep.

Average Bedtime Equals

$\frac{1+2+3+4+5+6+7+8+9+(10)}{10}$

$$9.5+9.75+9.5+9.25+9.0+9.5+9.25+9.0+9.5+(9.25)10$$

$$93.510$$

$$\text{Average Bedtime} = 9.35$$

You will use the same equation to calculate your Average Wake time and you average number of hours of sleep.

What was your average bedtime? _____

What was your average wake time? _____

On average how many hours of sleep do you get per night? _____

Now find your name on the class graph and plot your average hours of sleep per night so we can compare the average bedtimes for all of your classmates.